

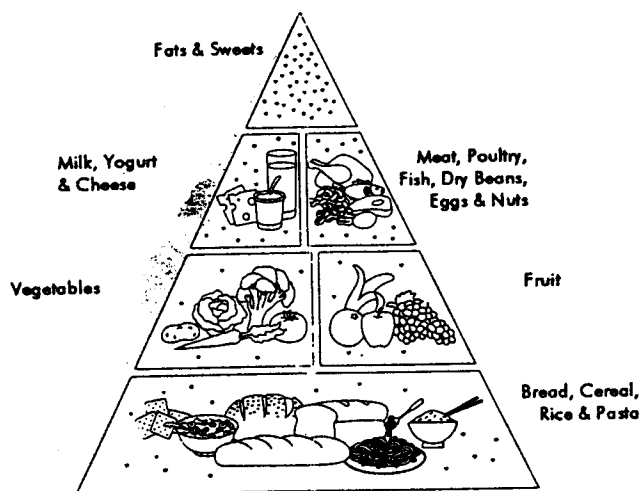
# Helping Your Child Stay Healthy



## Off To A Good Start

Give your children the gift of a lifetime. Help them eat healthy. Foods are neither good nor bad. Some foods have more fiber, protein, or sugar. Others have more vitamins or fat. Make a place for all foods in your child's diet.

The food pyramid will help you do this. It shows how much foods your child needs for a healthy diet.



## Build A Healthy Start

If your child is 2 years or older, start adding more low-fat foods to snacks and meals. Use the food pyramid as a guide. You don't have to take fat away. Just trim some fat from some foods.

### Fats, Oils, & Sweets

Children need only a little of these foods. Cake, candy, salad dressing, butter, chips, french fries, and onion rings can have a lot of fat in them. Look for lower fat choices.

- ☺ Choose low-fat or non-fat salad dressing, mayonnaise, and sour cream.

- ☺ Spread jelly or jam on toast or bagels. Skip the cream cheese, margarine, or butter.
- ☺ Instead of sticks, buy whipped butter or margarine in tubs.
- ☺ Eat pretzels instead of chips.
- ☺ Try baked crackers or chips, not fried.

### Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts

- ☺ Serve more beans with meals.
- ☺ Cut fat from meat, chicken, or turkey before you cook it.
- ☺ Remove skin from poultry before cooking.
- ☺ Oven-fry instead of deep frying. (Dip poultry in water or milk. Coat with corn flake, cracker, or bread crumbs. Bake in the oven.)
- ☺ Use a non-stick cooking spray when pan frying.

### Milk, Yogurt & Cheese

- ☺ Try these tips to trim fat from foods in this group:
- ☺ Use skim, reduced fat, or butter milk.
- ☺ Buy low-fat or "part-skim" cheeses.
- ☺ Use evaporated milk instead of cream.

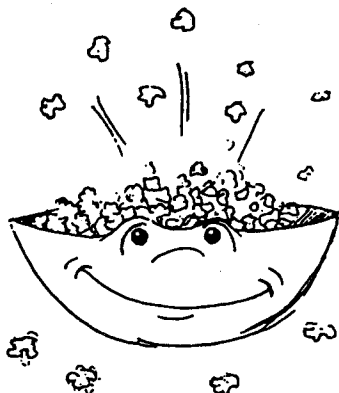
### Fruit

- ☺ Fruit is great for snacks and desserts.
- ☺ Make baked apples for dessert.
- ☺ Freeze fruit juice in ice cube trays for a snack.
- ☺ Add raisins or sliced bananas to cereal.
- ☺ Put peanut butter on apples for lunch.



## Bread, Cereal, Rice & Pasta

- ☺ Try whole wheat, rye, or pumpernickel bread.
- ☺ Bagels, pretzels, English muffins, or popcorn make great snacks.
- ☺ Serve more rice and pasta with less butter or gravy.
- ☺ Use cookie cutters to cut sandwiches into fun shapes kids love to eat.



## Vegetables

- ☺ Add more vegetables to meals and snacks.
- ☺ Serve cut-up vegetables like carrots, peppers, celery, or cucumbers for snacks.
- ☺ Make dip out of nonfat yogurt and powdered dressing mix.
- ☺ Add vegetables to favorite foods.
  - Pizza: broccoli, mushrooms, peppers
  - Rice: tomatoes, carrots, kale, peas, beans
  - Pasta: eggplant, zucchini, spinach,
  - Burgers: tomatoes, lettuce, onion

## The A, B, C's of Eating Right

- A. ALLOW** your children to eat their favorite foods. No food is so bad that your child should never eat it again. (Not even a candy bar---).
- B. BUY** more bread, cereal, pasta, rice, fruit, and vegetables.
- C. CUT** back on fat. Let the food pyramid help you choose what your child eats. Trim fat when you cook. Bake, roast, broil, steam, and grill your food. Try non-stick pots. Try non-stick cooking spray.
- D. DON'T CHANGE** too much too fast. Get your child used to new foods a little at a time.
- E. EXERCISE** is great. It makes the heart strong and healthy.

**Write down how you can keep your child healthy.** (Your dietitian can help)

**My Child's Favorite Foods** \_\_\_\_\_

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**How Can I trim fat from these foods?** \_\_\_\_\_

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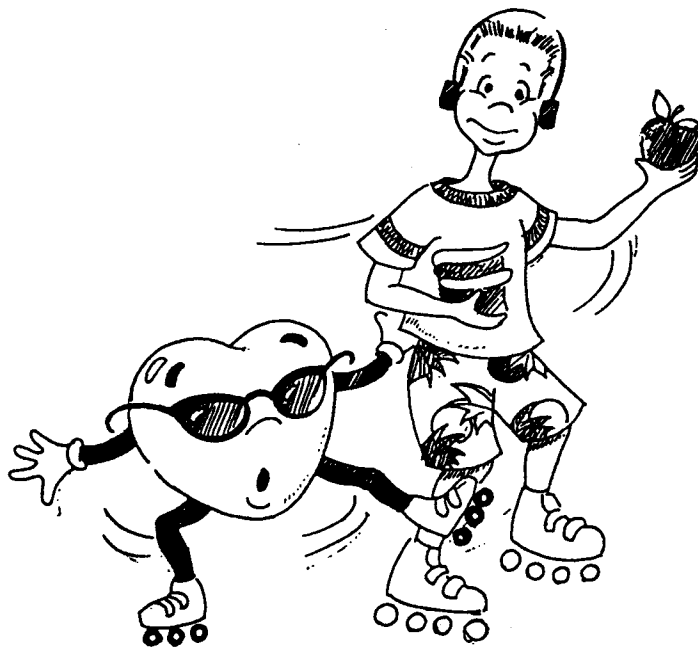
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Adapted with permission from American Dietetic Association, Nutrition Education for the Public Practice Group. Concept by: Julie Walsh, MS, RD. And Luanne Hughes, MS, RD.

Kansas Dept. Of Health & Environment-BCYF- 900 SW Jackson, LSOB, Topeka, KS 66612-1290 (913) 296-1320.